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NOVEMBER, 2020
VOLUME 17, ISSUE 11
Edition #205

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STUDY: 68% of Bay Staters Say Returning to Work Should be Optional



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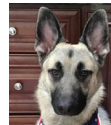


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VALLEY PATRIOT OF THE MONTH

Technician 3rd Grade Donald Gelineau 285th Ordinance Co. U.S. Army

John Cuddy

VALLEY PATRIOT HERO REPORTER

LOWELL - A native of Lowell, Massachusetts, Donald Gelineau served in the Pacific Theater during World War II for twenty-four months. Growing up in a large French-Canadian family during the Great Depression, he hunted, fished and gathered nuts/fruits to supplement the family's food. Don reminisces of his time as a child sitting on a floating log in a swamp with his legs dangling into the

muddy water to collect leaches which he would sell to the local pharmacy. Donald was forced to drop out of school in 8th grade to go to work after his mother had a stroke. As the oldest child in the family, the responsibility fell on him to help support his younger siblings. Later, he put himself through trade school to become a mechanic. Don recalls building a home, mainly from scrap wood which was salvaged. He just turned one hundred years old, celebrating his 100th birthday on August 18 of 2020.

He is proud that he takes no medications and only started using a walking cane one month ago.

During his service in the Army, he was awarded the Good Conduct Medal, the American Campaign Medal, the Pacific Campaign Medal, the World War II Victory Medal, Expert Marksman, and both the Driver and Mechanics Badge. Upon his discharge from the US Army, he received \$300 and the famous "Ruptured Duck", the Honorable discharge pin which allowed you to ride US Public Transportation for free and protected you from being pressed into work details by officers and NCO's.

While in the US Army, he was first designated an Infantryman, but later trained as a mechanic. After the War, he worked as a mechanic for Woodworth Buick in Andover, Massachusetts. Later he worked for the City of Lowell where he spent many years repairing trucks at the Ashes and Waste department until his retirement.

Don and his wife, Lucille(deceased), have two children, five grandchildren, and six great grandchildren. Don and Lucy's house was always open to the neighborhood kids, many would walk in without knocking and grab a can of coke or some Oreos. Don enjoyed helping neighborhood kids repair their bicycles and fixing neighbor's cars for free, of course. Neighbors and friends all call Don, "Peperre" a French-Canadian term. After his retirement, Don enjoyed taking



his grandsons on trips throughout New England, especially to Sebago Lake State Park.

Don is the type of guy who could spark up a conversation with just about anyone, and frequently, he did. One of these conversations resulted in buying a summer cottage in Winterville Maine, about as far north as you can travel within the USA. Don loved to speak French with his logging buddies, and even though Don was well into his seventies, he would be happy to travel into the woods to repair broken down

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Follow the Science and Open Up The Schools

The science is clear when it comes to the transmission of and effects of COVID-19 on school-aged children.

The science shows that 99.99% of kids who get the virus do not get sick, that 99.999% of kids who get sick recover quickly, that kids do not transmit the virus as easily as adults, and that the virus does not transmit easily from surfaces to humans as we were originally told back in March.

That’s what the science says. That’s what the Centers for Disease Control says. That’s what the World Health Organization says. That’s what the independent health experts have said.

So, why are all the schools not open? Why are local mayors and school

committees keeping in-school instruction from taking place district-wide?

The answer is that teachers unions are standing in the way of fully reopening the schools, claiming that they are petrified for their lives that they might just DIE if they go back to the classroom.

They are lying of course, as proven by Turtleboy (an on line watchdog group) who followed around teachers in Andover, Haverhill, and other communities who refused to go back to school. What they found was that the very teachers who say they are in fear of DYING from COVID were seen at drinking parties, with no masks, no social distancing, some photographed at crowded public beaches without a

care in the world about contracting the Coronavirus.

It is clear that those who claim to follow “the science” and lecture the rest of us are not following the science at all.

Since the lockdowns started, suicides among school aged kids have doubled, depression and mental health issues have skyrocketed, substance abuse has gone through the roof, and parents are unable to go back to work because their kids are still home all day.

This has financially and emotionally devastated families with children, especially for children with only one parent at home, being raised by grandparents, or living in foster care.

But, the devastation doesn’t stop there.

Children with special needs, with no attention span and a myriad of mental health and psychological issues, are stuck sitting alone for hours in front of a laptop with no in-person socialization.

This is mental torture for special needs students and it has to stop!

The risk of teachers, faculty, or students getting sick and dying from COVID-19 is less than 1%. To date, not one child in this country has died from getting the virus in a school setting.

It’s time to stop pretending and stop playing politics with our kids and open our schools.

And it’s time to stop lying to the America public about what the “science” says about COVID-19. ♦

JOEL’S FOOD CORNER

Ellie’s Farmhouse and Crumbl Cookies!

Joel Faretra
VALLEY PATRIOT FOOD COLUMNIST

As we settle into fall and get ready for another New England winter, our local restaurants are scrambling to come up with plans to continue to stay open as outdoor dining becomes less and less desirable. Please continue to support our local restaurants by going out if you are able and by ordering take out if you do not feel comfortable with indoor dining. These places are the backbone of our community, supporting our local sports leagues and non-profits, employing our youth, and generating much-needed revenue.

The plan was to head to Ellie’s and Muddy Water’s this month. I was thrown a little monkey wrench by Crumbl Cookies opening up so I ended up there instead of Muddy’s.

Ellie’s Farmhouse (436 Broadway, Methuen elliesfarmhouse.com 978 208-8062). Ellie’s is located where Fuddruckers used to be in the Village Mall and it is hard not to walk in and picture where everything used to be when it was Fuddruckers. Management has done a great job with the transformation of both the exterior and interior of the building. The room that was to the far left when it was Fuddruckers will be their grab and go section of the restaurant very

soon. The seating is well spaced out to make you feel more comfortable. They serve breakfast and lunch 7 days a week. They are open 7 am-2 pm Monday-Friday but stay open until 4 pm on the weekends. I have only gone for breakfast this month.

The first thing I noticed is that they have breakfast appetizers. They have freshly made donut holes that can be tossed in maple cream or cinnamon sugar. The manager came over and gave us the recommendation to dip them in their own cinnamon maple syrup! He brought us over a sample and he was right! They also have breakfast egg rolls with your choice of bacon, sausage, or spinach. I would have been fine with getting more of them as breakfast. They came to the table hot and crispy! They also have oatmeal, parfait, and the baked good of the month.

For breakfast, the breakfast burrito was pretty good sized; I ended up taking half home for breakfast for the next day. It comes loaded but you can add pork or beef if you want. The family got pancakes and eggs Benedict the first time we went. The food was good, not great. Good bacon, not as good as my homemade bacon, but better quality than a diner. Unlike a diner, they have many options for your specialty diets. The service was great! Ricky, the manager,



came over and chatted with us a couple of times when I was there with my family and when I went back a second time with some friends, our waitstaff could not have been any better. I will definitely go back to try lunch at some point. 4 beards



Crumbl Cookies (90 Pleasant Valley St, The Loop, www.crumblcookies.com/Methuen) After much anticipation, Crumbl Cookies opened at The Loop the week before Halloween. They definitely lived up to the hype with their specialty cookies. They keep the milk chocolate chip and chilled sugar cookies on the menu every week and then rotate

FOOD: PAGE 17

Mobile Magic by Bryan

Photography & Videography

978-390-2351

MobileMagicByBryan.com

The Valley Patriot is published monthly before the tenth of each month by The Valley Patriot, Inc., 75 Main St., North Andover, MA 01845. All contents Copyright (c) 2020, Valley Patriot, Inc. All rights reserved. Subscriptions are \$60 per year and sent via U.S. Mail.

POSTMASTER: Send address changes to Valley Patriot, Inc., PO Box 453, North Andover, MA 01845.

Letters to the editor, columns and op/eds can be submitted to valleypatriot@aol.com. The Valley Patriot is not responsible for the opinions expressed in submitted letters or columns. It is the policy of The Valley Patriot not to edit or exclude submitted material based on content.

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The Valley Patriot is printed by Graphic Development in West Hanover, Mass.

Local daily news updates online at valleypatriot.com or facebook.com/valleypatriot

PHONE: (978) 771-4091
www.valleypatriot.com

News tips: Send anonymous news-tips to valleypatriot@aol.com. We respect the anonymity of our sources if requested.

President/Publisher: Tom Duggan, Jr.
SALES: (978) 771-4091

Corrections: Please contact the editors at valleypatriot@aol.com

The Valley Patriot can be found in more than 800 locations in 48 communities in Massachusetts and NH.

Mayor Perry's Monthly Report

Exclusively for The Valley Patriot

Neil Perry
METHUEN MAYOR

By the time you read this article, the presidential election will be finished, hopefully. Regardless of who you supported, and whether that candidate won or not, here's hoping we can learn to dialogue respectfully about our issues, and work towards improving our city, state and even our country. Know that if you are a friend of mine – you are a friend whether you supported Biden or Trump – and you will remain a friend. Our differences are truly what makes us great, and we need to embrace our diversity.

Once again, the month has flown by and we've a great deal to talk about- so let's get to it!

COVID Update: We start with the COVID update. Methuen, as with much of the Commonwealth, spent the month in the high risk, or "Red" category. We are taking several steps to address, including the use of COVID Enforcement Officers. So let's dispel the myths that are floating around. First, we should have called them COVID Education officers because that is what they are. They have **not yet written one** single ticket nor assessed a fine, to anyone. They are not there to raise the cities revenue fund by assessing fines. They **ARE** there to address a specific subset of the population, that quite frankly has been struggling since

Labor Day. Parks and playground use and accompanying adherence to COVID protocols by those that use them has slipped significantly since the start of the Fall. Large gatherings have increased as well. These individuals (2), including one bilingual person, are being paid for by CARES Act funding, not by tax dollars. They are necessary because we have not shown the personal responsibility nor accountability required to reduce the risk in our community. In the next two weeks, they will begin handing out over 15,000 reusable masks (also bought using CARES Act funding) to local citizens. Secondly, we are working on increasing our testing capacity – and while the two Stop the Spread sites in our city are extended through January, we are working to get mobile testing for our shut-in population and those that simply can't make it out. On a positive note – we have not seen school spread – despite the community spread we have



witnessed, so we made a decision to send our 5th, 8th and 12th graders back to school on November 2nd – joining our K-4 and 9th grade populations in hybrid A and B cohorts. And to further ensure we address the risk of that school population, the City is planning on using an additional ~\$600k of CARES act funding to test all our student, staff and administration population in both November and December. Finally, every city building now has foggers that are in use daily, in the am and pm, to sanitize the office areas, and we have installed a sliding glass door in the tunnel as we prepare for a customer service station to be installed and address most immediate resident concerns as soon as they come in the door. But all this effort pales, and cannot guarantee that we reduce our high risk status, until I get the entire community to buy in. Can I count on you? **#maskupmethuen** We are all in this together.

Drive Through Trick or Treat@ The Loop: While we experienced some traffic issues, the overall event was a stunning success! Scheduled from 3:30 to 6pm on the 31st, the event ran, two lanes non-stop from 3 pm until 7:20 pm when the last car drove through. Residents enjoyed themselves despite the wait with over 30+ candy stations, accompanied by a DJ, characters, a Methuen Fire Department Ladder truck and The Ghostbusters, of course. And candy, candy, and more candy. Quite simply, events like this are where our community is at its best. We collectively overcame having to cancel traditional Trick or Treat due to our high-risk status and were able to conduct a fun, safe event enjoyed by well over 2400 kids in great costumes. My sincere thanks to our many employees, the City Councilors, The High School students and all who helped make the event such a success. My deepest gratitude to Randy Allen and The Loop for all their assistance , as well as to our other donors and sponsors: Margarita's, AMC Theaters, Crumbl Cookie, Home Depot, Wal-Mart, The Savings Bank, EJ Paving, Treadmill Corp., Texas Roadhouse, Ellie's Farmhouse, Connie Doto Realty, Mann's Orchard, Party Connection and American Foods. Please patronize these local sponsors!!!!

We held our new **outdoor track ribbon**

PERRY: PAGE 5

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Rep. Mirra Fends Off Dem. Challenger Eckert; Returns to State House for Fifth Term

John Lee Grant
WHAU.NET

Months of campaigning came to an end last night in the race for the 2nd Essex representative seat when incumbent Leonard Mirra of West Newbury defeated his Democratic challenger Christina Eckert of Boxford.

As of last night's news deadline Mirra had a 787-vote lead over Eckert with a total of 14,849 votes to Eckert's 14,062.

Mirra said he attributed his win to the hard work of his staff who spent a great deal of time going door to door and the endorsement of Republican Gov. Charlie Baker. Mirra also pointed to the efforts of his campaign manager John Olds.

This year's race was a rematch of the 2018 campaign where Eckert lost to Mirra by 324 votes.

In conceding defeat, Eckert told supporters via a virtual gathering that although the outcome was disappointing, she is pleased to have won their support.

"I can't feel sad when I see your faces, so thank you for being here and thank you for everything you've done for this campaign—all the leafleting, all the phone calls, all the standing out in the cold holding signs. I have nothing to complain about. I have you. I'm really, really grateful to you and I'm so glad that you're part of my life," she said.



PHOTO: John Lee Grant

She wished Mirra great success in tackling issues such as COVID-19 and the environment.

This was the only contested local race on this year's ballot.

Breaking out communities, Mirra won all communities except Haverhill, Eckert's home town of Boxford and Newbury. Totals were Haverhill: Mirra, 1,683 and Eckert, 1,803; Georgetown: Mirra, 3,042 and Eckert, 2,305; Groveland: Mirra, 2,428 and Eckert, 1,949; Merrimac: Mirra, 2,076 and Eckert, 2,055; Newbury: Mirra, 2,266 and Eckert, 2,530; and West Newbury: Mirra, 1,646 and Eckert, 1,540. Elsewhere in the state the blue wave continued with Democratic Sen. Edward Markey defeating his Republican challenger Kevin J. O'Connor. ♦

WEATHER 101 with AL KAPRIELIAN

Welcome to November and the last full month of the fall season. At 2AM Sunday November 1st daylight savings time and standard time returned as we turned the clocks one hour back. As a result of this, sunsets are now occurring earlier and they will continue to get even earlier as we go through the month.

The sunrises in contrast will be getting later as we go through the month. The daily high temperatures will go down by month's end as we have less daylight and also a lower sun angle. With the nights now getting longer, overnight low temperatures will also go down. Recapping October, we did see a few episodes of significant rainfall 1-2" + which put a dent in our drought. This rainfall was not enough to end the drought. October was our wettest month in quite a while. Also, in October we saw some warm days with high temperatures in the 70s.

One such day was Thursday October 15th. High temperatures in the 70s also occurred on Thursday October 22nd when Taunton, MA reached a high temperature of 78 degrees. Norwood, MA reached high temperature of 76 degrees.

Nashua, NH reached a high temperature of 74 degrees. These temperatures felt more like summer than fall. Due to this warm weather, instead of jackets, some people were wearing tee shirts and shorts. The coolest temperatures were located along the coast, especially Cape Cod & the Islands, where the temperatures did not reach 70 degrees.

The reason for the warm days was an upper level high pressure system (Bermuda High) which strengthened and pushed the jet stream north of our region. This put our region on the south side (warm) side of the jet stream. Also, during the week of October 19th we saw a lot of low stratus clouds and also dense fog and some drizzle. The reason for the stratus clouds and fog was a warm and humid airmass for October. Dewpoints were in the upper 50s to low-mid 60s. This humid air mass anomalous for October caused a lot of low level moisture which produces low clouds and fog. A cold front came through later Saturday October 24th and brought an end to our warm and humid weather. On Sunday October 25th, despite sunshine, temperatures only reached the low-mid 50s making this more like the weather we should see in October. As a result, we got the heavy jackets back out. We got some of the cold they were getting out in the western US.

This caused the Bermuda High to be suppressed farther south ending our warm weather for a while. Out over the northern plain and northern rocky states, they saw significant snow with very cold temperatures. It was more like winter than fall in those areas. The tropical weather stayed active in October

with more hurricanes making landfall in Louisiana. On October 9th, Hurricane Delta's maximum sustained winds at 100 miles per hour (category 2) made landfall in southwest Louisiana. Hurricane Delta caused heavy rain & strong damaging winds caused widespread power outages due to downed trees and power lines.

After Delta came Hurricane Zeta with maximum sustained winds of 110 miles per hour (category 2). Zeta made landfall just south of New Orleans, Louisiana on the afternoon of October 28th. Like hurricane Delta, Zeta caused heavy rain and strong damaging winds which again caused widespread outages. The remnant rainfall from Zeta moved into the Mid-Atlantic region and then into New England on October 29th. We got some beneficial rain from Zeta.

By early Friday morning the remnant low pressure from Zeta had moved away from our region. However, a second low pressure system, separate from Zeta, gave us our first snowfall of the season on Friday October 30th.

More snow occurred than was predicted from this second low pressure system. This second low pressure brought in the colder air aloft from the north/northwest faster than the computer models were showing.

By 8 AM, the wind shifted to the north/northwest and any rain from Boston & points north along the coast flipped from rain to snow. 3-6" of snow occurred in Massachusetts with some spot higher amounts. Grafton, MA 7.6" snow, Braintree, MA 7.5", Worcester, MA 6.5" Westborough, MA 6.6" Blue Hill coop, MA 6.5" Natick, MA (my hometown) 6", Bedford, MA 5.2" Salem, MA closer to the ocean even got 5.5".

In the Merrimack Valley amounts were less, 1-3". A higher amount of 4" occurred in Methuen also 4.2" occurred in Pepperell, MA, while only 2.5" occurred in Dracut, MA. Andover, MA only got 2.5". Amounts varied due to where the heavy bandings of snow hit. Interior areas south of Boston got snow with 5.1" in Walpole, MA; Brockton, MA 4.5"; Duxbury, MA only 1"; South of there it was mostly rain including

Cape Cod & the Islands surrounded by the warmer ocean waters. Due to the heavy wet nature of the snow there were numerous power outages due to downed trees and power lines caused by the weight of the snow. Southern NeH got lighter amounts 1-3". The highest amounts I saw were in Peterborough & Dublin, NH 4". Elevation in these towns played a role in their higher amounts. The last day of October was sunny with deep blue skies and chilly with high temps. only in the 40s. Will warmer air come back in November with the Bermuda high moving north again?? Stay tuned to next month's article. In the meantime, stay safe!! ♦

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IN YOUR CORNER with SENATOR DIZOGLIO

Marching Across the State for Youth Services

Hello Valley Patriot Readers,

More than ever our local youth, stuck at home during the COVID-19 emergency and isolated from their peers, need vital guidance, support, and services to keep them connected and on track for personal and professional fulfillment. The City of Methuen, however, has no formal youth center, unlike many of our other Merrimack Valley cities and towns.

Growing up in Methuen I watched friends struggle with mental health, substance use, depression, and other behavioral issues. Unfortunately, local opportunities for mentorship, social emotional supports, or activities to engage youth were too few and far between – 20 years later, those same gaps remain.

That is why I recently embarked on a 159-mile journey on foot across Massachusetts to spotlight our capital campaign for a new Methuen Youth and Community Center. What started as a focused personal crusade, however, morphed into a mission of larger consequence, to raise awareness of the current condition of all of the Commonwealth’s youth-serving organizations and initiatives and their need for sustained support at the state and local level.

Organizations that provide youth programming, including local libraries, educational institutions, YMCAs, Boys and Girls Clubs, Big Brothers Big Sisters, Girls Incorporated, and others too numerous to name, are suffering from financial cutbacks and the detrimental impact of those cutbacks on program development, staffing, and the ability

to reach youth in need. From the New York/Massachusetts border all the way to the Atlantic Coast and back home to the Merrimack Valley, I was joined by friends and local colleagues from the Senate, representatives from the House, and other municipal and organizational leaders, to learn how their communities have responded to the needs of their youth and what more we must do to ensure that the infrastructure that empowers our youth to secure their own futures survives not only the duration of this pandemic but also for generations to come.

I’m thrilled the Mayor and School Committee approved a home for the Methuen Youth and Community Center in the old Pleasant Valley School building after members of the youth advisory council MY (Methuen Youth) Voice showed up to advocate at their recent meeting. I’m so grateful to MY Voice for their leadership, continued efforts and work on this project. Let me tell you our youth are energized, engaged and ready to serve. They’ve inspired a vision.

As I have learned throughout this journey, however, in order for their vision to become a reality, we as community leaders need to step up, walk the walk, and answer our next generation of leaders' call to action - not only for the youth who are currently advocating, but for their children and their children's children.

Our youth need a safe and supportive place to belong where they can share ideas, fears, hopes and dreams, and from where they can use their collective



strength - their collective voice - to play an active and significant role in building stronger communities and a stronger Massachusetts.

If you are reading this column and feeling inspired to support the Methuen Youth and Community Center Capital Campaign, please visit [www.](http://www.InspirationalOnes.org)

[InspirationalOnes.org](http://www.InspirationalOnes.org). You may also e-mail Jessica@InspirationalOnes.org. Additionally, as always, if you need assistance on any issue, please contact me and my team anytime via email at diana.dizoglio@masenate.gov or phone at 978-984-7747.

Yours in service, Diana

MAYOR PERRY’S REPORT: FROM 3

cutting event with Reps. Linda Dean Campbell, Christina Minicucci, State Senator Diana DiZoglio, Superintendent Brandi Kwong, our City Council, Principal Barden and Athletic Director Matt Curran all in attendance. The day was gloomy, but the feeling was anything but, as we saw a first-rate outdoor track, really enhancing the Nicholson Stadium Complex, and providing our students and community the facility they truly deserve. Much of the credit belongs to the hard work and team effort of Bill Buckley and Brian Keating from Community Development, along with State Rep. Linda Dean Campbell who provided the original \$200k earmark from the state (DESE).Working under a tight deadline, they pulled together with Superintendent Kwong and her team and made it happen!

Speaking of gratitude. Let me just say how tremendously excited I was to meet **Ernie Boch, Jr.** and accept his **extremely generous donation of \$25k to support the Methuen Cares Center** (pending city council acceptance of the gift). The Cares Center is still at 10 Ditson Place but will be moving again later this fall – and we have worked hard to provide for those in our community who have been impacted by the COVID situation, including quarantined individuals. We are still delivering food to those who cannot

get out and the seniors in our community and we are still accepting donations of non-perishables and supplies. What greater way to celebrate Thanksgiving than being grateful for all we have, and making a donation to the CARES center? Cash donations can be made as well by coordinating through MAN, Inc. and designating CARES as the intended recipient.

On the financial front, late last month I sent an **appropriation for \$1.6Million** to the City Council. To be clear, that is NOT monies to be raised by additional taxing of our residents, rather, now that we know what the state revenues to the City will be, they are slightly better than what we estimated at budget time. The difference is the amount of this appropriation, and I have sent this to City Council asking them to approve it (first vote, 7-2 for on October 19th). Of that \$1.6M, I have scheduled \$300k to go into stabilization as we try to build upon our reserves and just under ~\$900k will be used as excess capacity – to offset the impact of any tax increase upon the residents of our city. Simply put, I realize this has been a difficult year for everyone in the city, with our unemployment hovering at ~11%. We have tightened our belts on the city budget, managed to improve our fiscal rating and put some monies in free cash,

and now we are trying to do something to aid you. If we were not to do this, if we just waited and set the tax rate, then the citizens would not see the benefit of this in the tax rate, and any monies would simply fall to free cash.

Coming Attractions: (1) On the horizon, we are planning for our annual holiday Tree Lighting event as well as our Santa Parade. While it most likely will be impossible – unless we get to Phase IV in short order, which is doubtful - our Halloween event has given us much to think about, and we are committed to celebrating the holidays with our community. (2) We will celebrate our veterans and our gratitude for their service to our community with some gifts to be provided to both the American Legion and the VFW by the City. Please join me on November 11th and say thank you to all those who have fought to protect the very freedoms under which we live. We also are launching our search for a new Veterans Service Officer and encourage anyone who is qualified to apply for the position. We will share hiring news in December. (3) As we head towards the holiday season, I am encouraging our community to follow the example of Louann Santos. The most positive person in our community – Louann has stared the Positivity Challenge. I am going to

participate and encourage you to do so as well. (4) Since so much has been said and written regarding the executive session meeting on July 13th – when our city came under cyber-attack – and now that I have received a copy of the 26 minutes of available audio from that session -I’ve made it available on the city website under the Council Meeting minutes section from July13th. I encourage you to listen to it and end any speculation on what happened. It should be noted that our neighboring community, Salem NH, recently came under attack as well, but with much less fanfare from the local media. (5) The end of November will bring the Methuen Police Audit to a conclusion. I pledge to share the results with the citizens and work to develop a plan to address any shortfalls or issues cited, while building upon any strengths observed.

It is November. I am thankful for the love of my family, of good friends, and for a community that I am proud to serve as mayor and call my home. I hope my actions every day make you thankful as well. Until next month, bless you and yours – enjoy a safe and healthy Thanksgiving, and remember, we are truly better together – so be kind to one another. ◇


METHUEN COUNCIL CENSORS THE MAYOR

Methuen City Council President Jim McCarty may like to crow about “following the law” and “respecting the city charter” but McCarty has been stifling the mayor at city council meetings and if the mayor is not going to call him out for it, then I guess I will. According to the Methuen Charter not only is the mayor allowed to speak at council meetings, he is allowed to put an item on the agenda. McCarty thinks as council chairman he can deny the mayor speaking time at meetings despite what the charter says. The Charter also says that any member of the public can put an item on the city council agenda, but last month a citizen tried to place an item on the agenda but was blocked by McCarty because he didn’t like the subject to be discussed. It’s bad enough that McCarty and certain other councilors think that the mayor works for THEM, and that they can interfere with the day to day operations of the city, but to violate the charter by silencing the mayor at a public meeting shows just how drunk with power McCarty and his cohorts are. Sources in city hall also say that McCarty and other councilors call and show up at the mayor’s office on a daily basis to bark orders or demand information from him while the mayor and his staff are trying to do their jobs. To be clear, no councilor has any power or authority when not sitting with the city council as a body. It’s time for the council to get new leadership, someone who doesn’t talk about following the charter but actually follows the charter. As for Perry he needs to be more forceful with the council on following their own rules and stop playing politics at the council table.

CDC SAID PEOPLE SICK WITH COVID COULD BREAK QUARANTINE TO VOTE

Days before the presidential election the national Centers for Disease Control (the CDC) issued a press statement saying people with COVID could break quarantine to go vote. These are the same people who first told us that the virus was not transmissible from human to human, the same people who originally said masks do not work to stop COVID, the same people who are now demanding more lockdowns. Either this virus is going to KILL people and pose a monumental threat to the lives of everyone who comes in contact with it.... or it isn’t. This is the same kind of political decision - made by people who claim only to care about SCIENCE - that had CDC officials praising thousands

TOM DUGGAN’S NOTEBOOK



WINSTON SAYS: “Thank God these Presidential Elections are only once every four years.”

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of people protesting and rioting but criticizing the president for holding outdoor rallies. One more reason you should never blindly follow someone just because the media calls them “experts”.

MEDIA PREDICTIONS WERE ALL WRONG AGAIN!

The so-called news media who have been campaigning hard for Joe Biden while pretending to disseminate “news” told us a lot before the election. They said the election would be a blowout for Biden. They said because Trump was a NAZI he was going to lose in a landslide because, let’s face it, 90% of people in this country hate NAZIS. That turned out to be wrong. They also said that the Democrats would take the House and Senate because of the Supreme Court appointment of Amy Coney Barret. That turned out not to be true. They said that Trump would never win Florida because he’s a racist who hates Latinos, so Latinos in Florida were going to tip the state to Biden. Not only did Trump win Florida, but to a larger percentage of Latino votes than any other Republican presidential candidate including George Bush who has several Latinos in his family. In fact, almost every single prediction the media made before the election turned out to be wrong. Apparently they have learned nothing from the 2016 election and don’t hold your breath that they have learned their lesson in 2020.

WHAT DOES IT MEAN TO “NOT BELIEVE IN SCIENCE”

Whenever I talk about global warming

with a brainwashed liberal they always trot out the tired old “you don’t believe in science” and it’s “settled science”!!

Here’s a little advice for my conservative friends who hear this as often as I do. I always ask people “what does it mean to not believe in science”? Science is not something one believes in or disbelieves in. It’s not religion (though some on the left think it is) Science is a method of collecting and analyzing data. It’s like saying you don’t believe in MATH! There isn’t a person on the planet who doesn’t believe in science. What we don’t believe are the people who claim that their political positions are rooted in “science” when they can’t tell the difference between a beaker and a Bunsen burner. Anyone who says global warming is “settled science” and that “most scientists agree with man-made global warming are only parroting what someone else told them or what they saw on CNN. Remember, at one time in human history it was “settled science” that the earth was flat and the sun revolved around the Earth. Nothing in science is “settled” that is what science is all about. Doubting and continuing to ask questions, do experiments and collect more data, is what real science is all about. In fact, continuing to question the existence of man-made global warming is one of the most scientific things anyone can do.

RANK CHOICE VOTING LOSES IN MA

Rank Choice voting is a crazy scheme that violates the one man-one vote principal that this country has held sacred for hundreds of years. It was question #2 on the Massachusetts ballot and surprisingly it failed on Election Day. Don’t worry, I’m sure it will be back as political activists in the Democrat Party are hell bent on changing our election system to give them more power.

BLAMING ME IS ALWAYS A GREAT WAY TO GRANDSTAND

The Methuen City Council spent more than an hour attacking each other, myself, and Councilor Nick DiZoglio in a shouting match during a council meeting last week. At issue is the fact that I posted a story on line that the city clerk had tested positive for Covid with quotes from two councilors expressing concern about the safety of city hall and the election process, which was to take place the next day. First, councilor Simard attacked me personally as well as attacking my ethics. (Mind you, I

have given this guy awards and helped him get elected; my, how we change when we get power). Then councilor DiZoglio was blamed as my source, then Council Chairman McCarty went on a tirade using this as an opportunity to kick both me and Nick in the teeth accusing him “as a fact” that he was the source. For the record I would never tell anyone who my source was. I have spent tens of thousands of dollars in court preventing people from getting my sources, I sure as hell would never just blurt it out to an elected official. But I will say that the person who told me had no affiliation with the City of Methuen at ALL. You know there is a world outside Methuen politics. Secondly, the mistake was mine. I mistakenly published the employee’s name on the website story. It was available for all of a minute and a half before I realized the mistake, and took the name out of the story immediately. I then called the employee and left him a message taking ownership of the mistake and apologized, that’s just who I am. But word got to city councilors in that short period of time leading them to grandstand at a public meeting and faking outrage over imaginary HIPPA violations. (HIPPA is a law prohibiting employers and others from revealing a person’s private medical information). There was no HIPPA violation, the information didn’t come from city councilors, which means the Methuen City Council wasted an hour attacking each other, and me in order to grandstand and score political points. You know, I thought with this new city council things were going to change. They changed alright. But they didn’t change for the better. These meetings are more of a circus than any meeting Jen Kannan ever ran. OREGON LEGALIZES HARD DRUGS

The state of Oregon has legalized heroin, cocaine, psychedelic mushrooms, etc. This is scary as what happens on the West Coast usually ends up here in Massachusetts. It will be interesting to see what the federal government and the courts have to say about all this, as possession, distribution, or use of these drugs violate federal law. Nonetheless, the fact that voters in Oregon have legalized hard drugs means a quicker and more painful death of the middle class.

ELECTION NIGHT MEDIA INCOMPETENCE

The incompetence and shenanigans that the media exhibited on election night was staggering. First, they started giving results in Miami Florida while the western part of the state was still voting because they are in a different time zone. Then they refused to call Florida and Ohio for Trump when there was no way he could lose those states. CNN called Virginia for Biden and then had to take it back and admit only 3% of the votes were in. Conversely they fully declared four states for Joe Biden with zero percent of the vote reporting. It is no secret that the news media has been lying, propagandizing, and actively campaigning on the air against President Trump. But I at least expected them to provide fair and accurate election results on election night. NOPE! They just can’t help themselves.

METHUEN IMPLEMENTS SEE-CLICK-FIX TO ANSWER RESIDENT REQUESTS

In an effort to improve resident access to assistance across a wide range of topics and issues, Methuen Mayor Neil Perry has instituted SeeClickFix, an



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St. Lucy Parishioners



The Valley Patriot’s newest columnist, Kane (and his mom Denise) making his first appearance on the Paying Attention! Podcast at the Studio 21 Podcast Cafe’ in Salem NH. Kane defeated Winston in our readers’ choice election last month, to replace Freddie who passed away from the doggie Coronavirus.

Valley Patriot Readers Choose Kane to Replace Freddie

When The Valley Patriot’s mascot Freddie passed away from the doggie Coronavirus in July, the editors of the paper decided to hold an on-line election to find a dog to replace him. Freddie was the star of “Freddie Says” and made funny quips each month about what was going on in the world.

Of the 67 entries our judges narrowed it down to ten canine contestants and after three rounds of voting, the two finalists were Winston and Kane.

In the final round of voting Kane was victorious but after the election was over, Kane asked if second place winner Winston (see page 7) could replace Freddie in a “Winston Says” submission so that he could visit veterans, attend Back the Blue rallies and write full articles in the paper.

Kane appeared on the Paying Attention! Podcast to talk about his upcoming activities revealing that he comes from a dog rescue. “I want to bring attention to local dog rescues and the evils of dog breeding,” Kane said.

So many dogs need help and I know The Valley Patriot readers are always willing to step up to the plate.”

KANE’S KORNER

Donald Jarvis - Serving Those Who Serve

Kane met with Donald Jarvis to ask two important questions. What challenges do service members face coming back from a deployment? What recommendations would you have for military members returning to civilian life.

His answer; “We can always do a little more for someone else: and in return help ourselves , through the satisfaction of knowing you provided service to someone that needed it.”

Kane reports Donald Jarvis is no stranger to the challenges service members face transitioning back into civilian life after deployments. Jarvis like many returning service members wanted to get back to feeling like himself again, feeling like he belonged in the civilian world, and connecting to others and his community.

During deployment, Jarvis suffered a traumatic brain injury after an IED explosion and found himself in a system of trying to heal through prescribed medications and self-medication; through alcohol abuse to quiet the symptoms. After years of feeling isolated from his life, Donald Jarvis traveled a journey back to himself by serving other veterans.



Kane said Jarvis discovered passionately serving others in combination with practicing life skills such as mindfulness, and caring for and loving his loyal family member Mocha the service dog, was a true recipe for success. Kane would like to meet Mocha. He sounds amazing.

Jarvis reports Helping other Veterans acclimate back to civilian life is a wonderful purpose. Jarvis states: “Many veterans feel alone in a room full of people. They are embarrassed to admit they feel disconnected from friends and family. Having a “battle Buddy” to navigate these feelings and normalize their situation has extreme importance to transitioning back to civilian life. What better person to provide this support than someone who has been there and done that. Kane nods his head in agreement.

A cause close to Jarvis’ heart is helping the homeless veterans and those who find themselves caught up in the court process. Jarvis felt at one point he was one step away from being in this situation himself. Jarvis has helped many veterans find much needed resources, such as housing, meals for the homeless, clothing, and resources through the veterans’

association and the community.

Since each veteran has different needs, he provides one on one support such as attending court hearings, or going to medical or resources based meetings. What does he encourage veterans to do to heal, help others! Jarvis states, “Continue on the path of serving your community as you did in the military. This type of service is part of their make up.”

Donald reminded us that it is fine to not feel ok or normal. It’s acceptable to say you are having a tough day and acknowledge it. Being aware of how you are feeling, and a plan or healthy coping skill to manage feelings is the way to go. Kane thought this was good advice.

Donald fondly described his service dog, Mocha, who has been such a part of his journey back to feeling like himself. Jarvis and Mocha were paired up through Operation Delta Dog; a nonprofit organization in Chelmsford, Mass, that pairs homeless dogs with Veterans. What Jarvis thinks is amazing about Operation Delta Dog is the veteran is a critical part of the dog training, which is a long and rewarding process. Kane agreed he likes to hang out with his humans too.

Kane asked, “How does Mocha help?” Jarvis reports, “Mocha forced me out of my bedroom, helped me find a non-pharmaceutical way to sleep, and provided me a sense of comfort as I ventured back into the world for life events and speaking engagements.” Jarvis said, “He is a good listener and checks in with me. Mocha helps with PTSD in general. Really who rescued who?” Kane thought, good question I guess they rescued each other.

So the service that Jarvis provides doesn’t stop there. Recently he has written a Children’s book called Mocha

JARVIS: PAGE 14



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STUDY: 68% of Bay Staters Say Returning to Work Should be Optional

1 in 3 believe mental health benefits of working outweighs risks of China Virus

Two-thirds would report a colleague for not following Covid-19 health protocols.

Half think that the staggered reintroduction of employees into the workplace is discriminatory.

Since the start of the pandemic, millions of Americans have been working from home instead of going into their usual place of work. As the economy slowly re-opens, many workers in public-facing jobs, like shops, bars and restaurants, have already gone back to their workplace. Office workers are among those who could soon be asked to do the same, and the question on many people’s minds is – can my boss force me to go back to work?

Gomez Trial Attorneys conducted a survey of 5,650 workers (aged 18+) which found that 68% of Massachusetts employees believe that returning to the workplace should be optional. Understandably, many employees remain nervous about their health, and in particular if their fellow colleagues follow safety protocols properly and if their employers provide a safe working environment. The survey also revealed that 72% of employees would report a colleague for not following Covid-19 health protocols.

Two main concerns regarding mental health have surfaced since so many people have begun to work from home: isolation and burnout*. Moreover, as so many families – parents and children – are working and studying under the same roof due to social distancing regulations, the lines between personal and work life are blurred, making it difficult to separate the two. Over 1 in 3 (34%) employees believe the mental health benefits of returning to the workplace in the company of colleagues outweigh the risks of contracting the Coronavirus. Because our daily interactions with other humans usually serve to reinforce our sense of belonging and wellbeing in a



community setting, without them over an extended period of time, feelings of loneliness can become consuming.

Additionally, a separate study** found that 52% of employees reported working longer hours when working from home as compared to those working in an office, and 40% felt the need to contribute more than their in-office colleagues, meaning an increased risk of burnout.

With many businesses unable to open at full capacity, some may be debating whether or not to implement a staggered reintroduction of employees back into the workplace. This could mean businesses allowing employees of a certain demographic, such as age, to return in stages based on their likely risk of contracting the virus. However, this appears to be a contentious debate as half of respondents believe this concept of staggered reintroduction of employees into the workplace is discriminatory.

forbes.com/sites/onemind/2020/03/17/when-home-becomes-the-workplace-mental-health-and-remote-work/#14d3bb491760
insights.dice.com/2019/07/23/burnout-remote-work-study ◇

Your Health with Rick Bellanti

Using Social Media as A Tool

Rick Bellanti
HEALTH & WELLNESS COLUMNIST

In this new age of Social Media that surrounds us in our daily life with the likes Instagram, Facebook, Twitter, YouTube and Tik Tok, it’s a miracle that anyone gets any work done anymore. From the President of the United States with daily tweets to my fourteen-year-old daughter posting cat videos on YouTube, it’s now part of our daily lives. It’s time we learn to embrace it and use it to our advantage.

I have used social media to my advantage many times (even taking online ukulele lessons from YouTube). I have a health and wellness Facebook page (Getting Healthy with Rick Bellanti) as well as a Tumblr blog page where you can read all my past columns conveniently on one page. There is a wealth of information out there right at our fingertips 24/7, so no more waiting for libraries to open or pulling out the old dusty encyclopedias when researching.

Social media sites like Facebook and Instagram can help you when you are starting a wellness program and being transparent and honest publicly will help keep you accountable and also get you the support from friends doing the same. Sometimes, the problem is that people around you do not support what you are trying to do. They don’t understand because they are not having the same problems that you are having and everyone knows having a support system is crucial for changes in lifestyle and successful weight loss. It is very hard to do it on your own and stick to it, but now you can visit Facebook pages with the same healthy interests you have and make friends with similar interests and goals as well. On days when you feel overwhelmed as if your goals are impossible, your Internet weight loss community can help you.

Twitter can also be an effective tool in a weight loss program because of the increased access to instant sharing, accountability, and social support. Updates in real time that followers can comment on and re-tweet is very helpful

when posting diet or workout tips that can help others. TikTok is fun and you can post quick video updates on your journey and even workout tips. Studies have recently shown that people with stronger social media connections use these online relationships as an exchange of ideas, encouragement, accountability and motivation, showing greater weight loss and positive outcomes.

As you see your success happening, a healthier, slimmer or toner you, don’t be afraid to share it with your followers. Post your before and after pictures, send out Instagram photos and get yourself out there to inspire others. It will also help to see your old self when you start

to feel like you need motivation to keep going, just look back at your pictures to see how far you’ve come (and don’t forget to celebrate your successes). When you post pictures of yourself on social media websites, your followers have a chance to congratulate you on your success; this can work as an incredible motivator for you because public recognition serves as a great motivating force in our society today.

I use my personal Facebook page to post things such as workout tips, before and after photos, healthy recipes and give helpful advice for those that reach out to me with questions. Sometimes people just need a little inspiration to help them along with their own wellness journeys. I try to surround myself with positive uplifting people and get inspired almost on a daily basis from the same people that say I inspire them.

So, post about signing up for a weight loss program or joining a gym. Adapting a new lifestyle or weight loss program is not an easy task to take on by yourself. Let your online community help you adjust to the new you and inspire you. There is no doubt that social media sites can help you live healthier and reach your weight loss goals and you just never know who you will inspire in return.

Rick Bellanti is a wellness columnist and is on a journey himself to lose 240lbs, and has lost 140lbs since the start of 2015. You can find Rick on Facebook at: Getting Healthy with Rick Bellanti ◇





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Clear Path for Veterans New England;

Helping Vets with Peer-To-Peer Mentoring

At Clear Path for Veterans New England we support those in our community of Veterans and Service Members through our Peer-To-Peer Mentoring Program. Our program allows Veterans an opportunity to support their brothers and sisters in a thoughtful yet structured way. Our program is not clinical and is not intended to provide the therapy that clinical providers offer. With shared experiences and a deep understanding of Military and Veteran Culture, our Veterans are able to support others on their journey in a way that complements the individual's own efforts towards their goals. Often our Veterans have dealt with the same common issues that many of those who come into our program are looking for support in tackling like redeploying state side after spending many months, a year, or more deployed to a war zone or separating from military service. Although this program is in place to support Veterans and Service Members, we recognize the importance of providing support to the entire family unit. Just like being part of a fireteam, the entire family unit is critical to any one individual's needs. We support those family members through our Family Force Program, which we will surely tell you more about in the coming months!

Wingman Program

The Wingman program reaches Veterans and Service Members exactly where they are, in their community. This program provides close, individualized support for those who need guidance and



assistance in getting on the track with their personal goals and objectives. We partner with national and local organizations to create an all-encompassing network of support for any need that may present itself. Wingmen work to empower Veterans in establishing independent and purpose-driven lives.

Wingmen assist our Peer-Mentors in helping Veterans with reintegrating back into their community by connecting them with programs and services that will accomplish that mission. They provide emotional support for Veterans who are

going through a crisis or problematic situation and function as a positive role model for not just our Veterans but the community as a whole.

Clear Path for Veterans New England Wingman Program can offer you support by pairing you with a fellow Veteran who can provide knowledge and guidance. The goal is to assist you in being a warrior for life, not just while you are in or leaving the military. Whether it be alleviating concerns or questions, understanding your healthcare options, finding a job or a place to live. Those who have already navigated their transition are here to help you.

Community Outreach and Recreational Program

The Community Outreach and Recreational Program provides opportunities for our Veterans, Service Members, and their families to come together in a community that understands each other. These events are also a great

time to meet and hang out with our team of volunteers and staff members. Many of the things we have already mentioned in this article are in place solely to serve the Military and Veteran community, but this program aims to help narrow the distance between this community and the local communities as a whole. Essentially, we encourage those who may not be a Veteran themselves, or part of a military family, to get involved. One overarching mission that is at the heart of Clear Path for Veterans New England is to help make our communities more welcoming to those reintegrating. There is no better way for people with different perspectives to understand each other than to spend time with one and another. to meet each other as well as our staff and volunteers.

When it comes to self-improvement, we believe that the focus should be about adding positive events and activities to your life instead of the focus always being on dealing with the past or current negative aspects of one's life. By giving a Veteran or their family an opportunity to come do something that is fun and enjoyable while still being a challenge is a truly awesome thing to witness. This allows the person the opportunity to work on their own skills/tools in an enjoyable atmosphere with the hopes of giving them the confidence to tackle some of the negative things in their life while providing them with a community to lean on in times of struggle.

Part of the Warrior culture that is very important to us at Clear Path is giving back and being a Wingman or Peer-Mentor can be a meaningful and rewarding opportunity to help your brothers or sisters. If you are interested in becoming a Clear Path Wingman, Peer Mentor, or even just volunteering, please call 978-384-8800 or email us at BBregel@clearpathne.org and find out how you can help. ♦

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#StayHealthyMethuen ~ #MaskUpMethuen**

Software Company from Lawrence Aid for Regions Merchants

Tomas G. Michel
VALLEY PATRIOT LAWRENCE COLUMNIST

Lawrence, MA — Ever since the public health emergency was declared in the United States on January 31st, 2020, businesses began to experience trade differently. Stay-at-home orders affected the clientele influx into establishments, gathering prohibitions diminished their sales, and the lack of contingency plans and processes troubled their survival rates while dealing with the “new normal” context.

Business owners began to experience novel challenges that required, software solutions they did not have access to.

Meanwhile, Universum’s CEO Maxwell Hernandez, Founder of a company that develops point of sales hardware and software to help businesses manage and facilitate the sales at the physical location, but also, to streamline operations where the goods are sold, saw opportunities in challenges that needed to be addressed. Requiring him to go the extra mile to serve his existing customers and those that were heading his way, given the government shut down orders.

The Universum 10-members team operates in a small and competitive industry, with merely 140 registered businesses in the U.S. Although major players such as Square Inc. and NCR corporation have the strongest presence, these companies fail to address the diversity the technology market requires.

Whether in the field of retail, hospitality, or healthcare, the Universum teams’ goal is to promote efficiency with ventures’ operations, while empowering its managers and owners to gain proper insight into what’s coming in and out of the business. This will allow business leaders from all capacities to make better decisions, understanding simple things as what products have the highest demand,

seasonality implications in revenue, and preparing in advance for daily tasks. “Once a business in an industry sells a product, their clients just become a number, and we want to defy that model,” says Max; wanting to become a fundamental part of the companies that Universum serves.

Max understands the complexity that his job entitles so he is ready to provide support to individuals of all backgrounds and technological proficiencies. Not only with the hardware onsite installation, but also by performing follow-ups, and teaching the clients to read and interpret the data generated by the business.

Since the technology industry is in constant influx, such changes alter procedures, regulations, and guidelines, hence the U-team has educative tools and resources such as demonstrative videos, to instruct their constituents on best practices, and constantly update them on operations as required.

As unemployment in the state of Massachusetts was the highest in the whole country during June with 17.7% and July with 16.1%, according to reports from the U.S. Bureau of Labor Statistics. The Coronavirus pandemic forced the government to halt economic interactions, affecting businesses, employment, and lastly people’s livelihood. Unemployment insurance is running out for the beneficiaries, and merchants that relied on a clientele influx to their establishments, are losing revenue. Creating a relationship with customers that is warm and mutualist, is Max and his team’s main goal. Helping Universum clients to be successful with their business endeavors, regardless of the circumstantial factors affecting their enterprise.

According to a report from IBIS World, on the POS Software development

LAWRENCE: PAGE 17

Success in Teamwork!

Santiago Reyes Cruz, Jr.
VALLEY PATRIOT COLUMNIST

Some of the most victorious memories in our lives will come from moments of unity when we worked together with our friends and family in order to accomplish a common project or a common goal. The task could’ve been as simple as setting the family table for dinner or as large & complex as organizing a community event for the entire neighborhood! The size of the task didn’t matter; what made it meaningful, beautiful & important was the fact that it was completed as a Team by all parties involved.

As we enter 2021 I want us all to meditate on this idea of “TeamWork”. I want us all to leave the bickering behind

in 2020. Let’s remember all of the great achievements and the beautiful moments we’ve shared as a nation by working together as a Team & Family. Disasters like the Boston Marathon Bombing, 911 & Pearl Harbor were all overcome simply because of Teamwork. The past



proves our enemies fall like small ants when Americans work together.

Therefore during these last few weeks of 2020 prepare yourself mentally, physically and spiritually to become a Team Player once again. Prepare yourself to help out more than you did in 2020 for the sake of the Nation, it is depending on it!

Are you a True Patriot? Are you going to become a Team Player for Success? How will you help the Merrimack Valley?◇

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Methuen Community Based Needs Assessment



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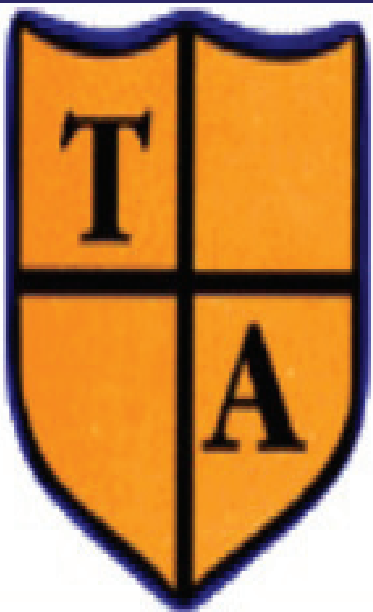
Clear Path for Veterans New England is conducting a community based needs assessment in Methuen, MA.

By completing our survey you are helping us achieve our goal of identifying the current needs of local Veterans, Service Members, and their families.

To take our survey you can either scan the QR code below with your smartphone or enter the following URL into your browser.
https://clearpathnewengland.formstack.com/forms/methuen_needs_assessment

We will also be available to administer this survey in person at the Methuen Senior Center on Wednesdays starting 9/30/20 from 11:30AM - 3:30PM.

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NOTEBOOK:FROMPAGE6

interactive system that will allow the City of Methuen to be more responsive and transparent.

SeeClickFix creates an effective two-way exchange of information between the city and its residents. It also helps to speed up response time and problem solving. Mayor Perry notes, “This tool empowers residents to do something more than observe and experience frustration with city-related issues. Residents can now take action and report issues creating prompt and positive solutions.”

Once the SeeClickFix app is installed on your phone, it takes just a minute or two to notify the city of a concern. This is a positive neighborhood tool that allows our residents to communicate with their government, and have their concerns addressed promptly.

Initially, the city will be using SeeClickFix for COVID-19 related issues only. Visit cityofmethuen.net and click on the “Report a COVID-19 Issue” link to let us know of any COVID related problems or issues encountered.

“SeeClickFix is accessible to residents either via the SeeClickFix app or the city website. With our departments busier than ever dealing with everyday tasks plus COVID-19 challenges, this is a valuable tool for residents to reach city hall more efficiently and directly. I want to thank our department heads and their teams for helping to get this initiative started”, said Mayor Perry.

SeeClickFix will be rolled out for all city departments over the next 6 months. The city will keep residents updated on new developments, as it continues to focus on understanding and addressing the needs of all residents; SeeClickFix is one tool to assist us in accomplishing that goal.

SENATOR DIZOGLIO
RECOGNIZES NEWBURYPORT
BREWING COMPANY

Newburyport Brewing Company has been recognized by State Senator Diana DiZoglio (D-Methuen) as part of the Legislature's 5th Annual Manufacturing Month Awards, honoring manufacturers across the Commonwealth.

Newburyport Brewing Company is a

craft brewery dedicated to brewing high-quality craft beer products for local and regional consumers. Co-founded in 2012 as Massachusetts' first all-can and keg craft brewery by two local Newburyport entrepreneurs, musicians, and home brewers - Chris Webb and Bill Fisher - Newburyport Brewing aims to capture the essence of the City of Newburyport's quaint seaside character across a line of handcrafted ales.

During the COVID-19 emergency, they have expanded their outdoor seating and live music space, with a variety of entertainment scheduled each week.

“Local businesses like Newburyport Brewing Company are the backbone of our economy and essential to job creation and growth,” said DiZoglio, a member of the legislature’s Manufacturing Caucus.

NEW YOUTH CENTER FOR
METHUEN

The Methuen School Committee voted to approve the former Pleasant Valley School building on Pleasant Valley Street as the location for a new Methuen Youth and Community Center.

The vote, taken during the School Committee's meeting on October 26th, comes on the heels of State Senator Diana DiZoglio (D-Methuen)'s efforts to establish a formal youth center in the City of Methuen. DiZoglio, who recently marched 159 miles across Massachusetts to raise awareness and support for the project, has noted that Methuen is among the few communities in the Merrimack Valley that does not have such a center like many surrounding cities and towns.

The local nonprofit Inspirational Ones, in collaboration with Methuen Public Schools and the City of Methuen, is initiating the program, creating and implementing a curriculum model to identify and expand outside-the-box learning experiences and career opportunities, with a focus on engaging underserved youth. An essential component of the project is participation by the Youth Advisory Council MY (Methuen Youth) Voice, whose members have been nominated by teachers and school staff and include representatives of that underserved population.

KNIGHTS OF COLUMBUS COATS FOR KIDS RAFFLE AND DONATION REQUEST is asking the public to make a small donation of \$5. \$15 buys a youngster a new winter coat. It is a straight 50/50 raffle, 1/2 to winner, half to Coats for Kids. December 2020 drawing. To help call John at (978) 382-0742

CEDAR VIEW IN METHUEN ADDS
PULMONOLOGIST TO MEDICAL
TEAM

Cedar View Rehabilitation & Healthcare Center has announced an affiliation with North Andover's Merrimack Valley Pulmonary Associates. Two of the medical group practice's physicians, Glenn S. Newsome, M.D. and Barry M. Pisick, M.D., have joined Cedar View's medical team. Dr. Newsome and Dr. Pisick will oversee Cedar View's pulmonary program, provide bedside assessment, and work closely with the respiratory and therapy teams to treat patients with respiratory needs.

“The entire clinical staff at Cedar View is thrilled to welcome Dr. Newsome and Dr. Pisick to our medical team,” said Gary DiPietro, Administrator of Cedar View Rehabilitation & Healthcare Center. “Their decades of experience and expertise in pulmonary care will allow Cedar View to continue providing the highest quality of care possible to our residents and patients.”

Dr. Pisick, board certified in pulmonary medicine and internal medicine, is a founding physician of the Merrimack Valley Pulmonary Associates practice and is a consulting physician to Holy Family, Lawrence General and Tewksbury Hospitals. He earned his medical degree from the University of Louvain School of Medicine in France. Dr. Pisick was an intern and resident at St. John Hospital in Detroit, where he was Chief Medical Resident. He completed a fellowship in pulmonary medicine at St. Vincent Hospital in Worcester prior to founding his practice.

Dr. Newsome, board certified in pulmonary medicine, internal medicine and critical care, is Director of Respiratory Therapy and Co-Director of the Sleep Center at Lawrence General Hospital. He is also affiliated with Holy Family Hospital and is a consulting physician to Whittier Rehabilitation

Hospital. He earned his medical degree from the Medical College of Virginia. Dr. Newsome completed an internship and residency in internal medicine and a fellowship in pulmonary medicine at Georgetown University Hospital in Washington, D.C., prior to joining Merrimack Valley Pulmonary Associates in 1992.

Cedar View Rehabilitation & Healthcare Center provides Methuen and surrounding communities with an exceptional continuum of care featuring subacute rehabilitation with seven-day-a-week physical, occupational and speech therapy, specialty orthopedic, stroke recovery, respiratory and cardiac programs that deliver remarkable results, as well as long-term, respite and hospice care.

LEFT WING VIOLENCE

You may have noticed that there were no Trump supporters rioting in the streets on Election Night as the media declared win upon win for Joe Biden. Businesses in most major American cities boarded up in anticipation of democrats rioting if Joe Biden lost on Election Day. What a stark contrast. It's also worth noting that the media told us for months that it would be those scary and dangerous Trump supporters who were going to riot. Even though we saw with our own eyes left wing Biden supporters burning down cities all summer, they still look us in the eyes every night on TV and tell us not to believe what we are seeing.

VETERANS NORTHEAST OUTREACH TURNING AWAY VETERANS IN NEED

I continue to receive calls at the office on a weekly basis from local veterans being turned away by Veterans Northeast Outreach (VNOC) in Haverhill. It breaks my heart to see this after our good friend John Ratka built up that organization with the motto that “NO VETERAN WOULD BE TURNED AWAY”. So far Clear Path New England and local veterans associated with the organization, have been helping to service some of those turned away by VNOC but there may be veterans out there who have not reached out. We want to encourage all of our readers to contact us or Clear Path for Veterans New England so that we can get these brave men and women the services they need. ◇

JARVIS: FROM PAGE 7

the “Super Hero Service Dog. “This Book can be purchased on Amazon. The book talks about Mocha’s history of being in the street, in the shelter, and the hard work we did together in training to become partners.

Donald Jarvis is also quite an activist for Veteran health. He was instrumental in passing a bill two years ago that provides emergency medical care and ambulance services for veterans. Jarvis reported, “Medical bills were often a barrier to veterans getting the help they needed and created a large financial burden for many.”

In summary, Jarvis reports “Today I am the person that understands battle buddy for the internal fight at home. “I try to be what I wish I had when I returned. Since 2013 I have worked to build relationships far and wide numbers of services throughout the state.”

“Jarvis stated, “When you open yourself up, you make that connection with the veterans that you serve. They

get the sense that you understand them so communication is more open and less guarded. “according to Jarvis. Kane reports Jarvis made sure we let people know that he is available to reach out to. In fact, it was important to him that we shared his email in this article. Jarvis.don@gmail.com

“You never know when you can be of service to someone.”, Jarvis said
“Kane believes this gentleman is truly an inspiration. Thank you for your service to this great country and community”, Kane said.

Kane decided after meeting Donald Jarvis that he will read his book about he and Mocha and hit the trails to Support Walk and Wag for Veterans through Operation Delta Dog. Kane wanted to do his part to make a donation for courageous veterans and homeless dogs to make a forever partnership and do great things like Donald Jarvis and Mocha. Time to get moving. \diamond



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The advertisement features a large, vibrant image of a deli platter filled with various meats, cheeses, vegetables, and a small bowl of salad. A red and white checkered napkin with a bottle of wine is placed on the left. The text is overlaid on the image, providing contact information and the business name. A small inset photo at the bottom right shows the exterior of the Borrelli's Italian Deli building, which has a green awning and a sign that reads "BORRELLI'S Italian Deli".



Al Apperti and Kevin Drouin with The Valley Patriot after Drouin had to donate \$100 to The Valley Patriot's Lawrence High scholarship drive for next year's BASH. Drouin bet Apperti that the Yankees would win the world series. Apperti also donated \$50 to the scholarship.



A terrible accident in North Andover - at the corner of Route 114 and Rt 125 - where a person was entrapped. Thanks to the fine work of the North Andover Police and Fire as well as the EMT's at Lawrence General for responding quickly and professionally. Our sources say that the person who had to be extracted is ok.



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Wreaths Across America Hope for Hilldale Cemetery

Don Jarvis
VETERAN COLUMNIST

Each year, millions of Americans come together to REMEMBER the fallen, HONOR those that serve and their families, and TEACH the next generation about the value of freedom. This gathering of volunteers and patriots takes place in local and national cemeteries in all 50 states - most recently at more than 2,000 participating locations - as part of National Wreaths Across America Day.

Each year, a new theme is chosen to help volunteers and supporters focus their messaging and outreach in their communities. The theme for 2020 is “Be an American Worth Fighting For.”

The inspiration for this year’s theme came from a keynote address made by Staff Sgt., Daniel Strong, during the 2018 escort to Arlington, at Montachusett Regional Vocational Technical School (Monty Tech) located in Fitchburg, Mass. As an infantryman in the United States Marine Corps, he lost 18 Marines during his service; three were his friends when he was a Lance Corporal, six as their Squad Leader, and the remaining nine as their Platoon Sargent. Each impacted SSgt. Strong in a unique way as he witnessed first-hand what true sacrifice was and experienced the ripple effect it has on all involved.

His message that December day spoke to the daily importance of the mission to Remember, Honor and Teach, and the emotion is now teacher-engrained in his JROTC students. “Be an American worth the sacrifice. In your daily operations, and in how you deal with one another and how you live your lives,” said SSgt. Strong. “Those young men and women who are in Arlington National Cemetery and other cemeteries, they earned the right for you to be an American worth fighting for.”

This sentiment speaks volumes as more United States military are deploying to

serve and fight, if needed, to protect the freedoms we enjoy as American citizens. Each of them, playing their part so that we, too, can play ours back home by being an active participant in our communities.

In 2019, approximately 2.2 million veteran wreaths were placed on headstones at 2,158 participating locations around the country in honor of the service and sacrifices made for our freedoms, with each name said out loud.

WAA’s mission – Remember, Honor, Teach – is carried out in part by coordinating wreath-laying ceremonies at Arlington and veterans’ cemeteries and other locations in all 50 states. Since its founding, the organization has expanded to include nearly 3,000 local fundraising groups in all 50 states, representing more than 2,150 participating locations, in addition to Arlington National Cemetery.

Through WAA’s national group fundraising program, it has helped other nonprofits and civic groups such as Civil Air Patrol, Scouts, 4- H Clubs, local VFWs, and American Legions raise funds for their own community needs. Since 2007, Wreaths Across America has given back more than \$11 million to local groups through this fundraising structure.

This year, Hope for Hilldale Cemetery will be taking part in the fundraising program. Every wreath sponsored will bring \$5 to help clean up and restore Hilldale Cemetery in Haverhill, Massachusetts.

Please consider sponsoring a wreath this year to help support the mission of Remember, Honor, and Teach. Each wreath sponsored will Remember our fallen heroes, Honor those who serve, and Teach our children the value of freedom. We know we can achieve our goal this year to have 475 wreaths sponsored with your help. To sponsor a wreath today, visit www.HilldaleWreaths.com – the cutoff date is November 30, 2020. ♡

Wanda Bozek left her mark on Dracut

Brian Genest
DRACUT COLUMNIST

Love, learning, and land are the legacies left by the life of Wanda Bozek. The well-known Dracut native, an indelible force in town, passed away October 22nd at 96. She truly was one of the Greatest Generation, a woman who was devoted to her family, revered the land and made a number of noteworthy contributions to our community throughout her long and well-lived life.

Wanda was born during the Great Depression on the Leczynski dairy farm established on Parker Road by her parents who were Polish immigrants. Her mother, Jadwiga, inspired her love for Dracut and the family farm, where she was raised with her sister, Elvina, and her brothers Thaddeus, Walter, Raymond, Edward, Myron and Gene. From her father, Jan, Wanda learned independence, a life-long interest in learning and a love for political debate.

Wanda graduated from Dracut High School in 1941. To help support the home front during World War II, she worked in a parachute factory and picked up the chores of four of her brothers while they were in the service. After the war, she married her childhood sweetheart, Edward Bozek, her devoted husband of nearly 55 years.

In 1969, after supporting her husband through college, Wanda earned a degree in elementary education from Lowell State College, all while raising their son, Robbie, and daughter, Joannie. She had a rewarding teaching career in the Dracut schools for nearly 20 years before her retirement, contributing to the early

childhood education of so many students in town.

Wanda’s love for learning and appreciation of academic excellence was strongly instilled in her children; they both earned degrees from Ivy League universities and went on to build successful careers in their chosen

professions. In retirement, Wanda and her husband spent time at their cottage on Sebago Lake, where they relaxed and enjoyed the results of their hard work and success, together.

But that success was also shadowed by the death of their son. To honor Robbie, Wanda created an academic

scholarship in his name that is awarded annually through the Dracut Scholarship Foundation. She drew, produced and sold note cards of Dracut landmarks to raise the money necessary to fund the scholarship in perpetuity. While the loss was very tough on Wanda, his spirit and optimism gave her strength and his work as an architect to help rebuild Lowell helped spark her community work in Dracut.

Wanda’s life was also greatly impacted by the war, especially the sacrifices of her brothers, her husband, and friends. As a result, she proposed the creation of Veterans Memorial Park in Dracut. Wanda worked tirelessly to raise money and plan the memorial and adjoining park that today proudly honors our town’s veterans. She wrote the poem engraved on the back of the memorial; that towering marble slab will forever stand as a tribute to our veterans and also serve as a reminder that Wanda was a person who could take a small idea and



WANDA: PAGE 23

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Want to be a Santa’s Helper?

WANDA: FROM 16

Every year the Foster Kids of the Merrimack Valley organization hosts a Christmas party for local foster children to raise their spirits and remind them that their community is behind them. In the past, toys were collected through numerous avenues and each child received a special package of age and gender appropriate toys. The children received these toys at a big Christmas party along with their families. It’s always such a big success, and every child’s smile is just priceless. Last year we were able to host 200 children with the help of our generous Santa’s Helpers from throughout the Merrimack Valley.

Introducing Santa’s Helpers
Foster Kids of the Merrimack Valley are preparing now for the 2019 Christmas Party and “Santa’s Helpers” Program. Each child is asked for their ‘Wish List’ so they can be sure of offering a more personal gift. This allows the children to receive something that is truly “wanted”, and add more joy to their Christmas holiday.
Foster Kids of the Merrimack Valley is looking for volunteers in our community to be a “Santa’s Helper” and sign up to support our program, be it one child or 10. The average gift size for each child is estimated at \$100 each. Cash



donations of \$100 are being accepted for those who would like to offer financial support. Another option is for a group of 1 to 4 people become an official Santa’s Helper to sponsor a foster child.

How do you get started?
Just email fkmsantashelper@gmail.com with your request to sponsor a child between now and November 10th. Then before Thanksgiving you will receive an email with all the information you need to go shopping. All unwrapped gifts must be delivered to Methuen Karate Association, 70 C Bonanno Court, Methuen, MA no later than Sunday, December 6, 2020.
Feel free to contact Eileen Giordano directly for more information 978-771-2150.

make some big things happen.
One of those things she made happen was the preservation of her beloved family homestead. The Leczynski family farm, now owned and operated by her former student, Farmer Dave, is permanently conserved as farmland, thanks to her unwavering efforts.
Wanda was a woman of character, conviction and consequence. Her life of

dedication and determination will have a long and lasting impact. May she rest in peace, with our thanks for making Dracut a better place.
Brian Genest is chairman of the Dracut Republican Town Committee and a member of the Massachusetts Republican State Committee representing the Second Essex and Middlesex District of Andover, Dracut, Lawrence and Tewksbury. ♦

LAWRENCE: FROM 11

industry, the demand for POS software is expected to increase, and large multinational conglomerates will acquire smaller companies to gain access to niche markets they currently can’t access. POS companies will have a strong growth in upcoming years, providing a significant amount of employment as its services become imperative for entities to function, during the COVID-19 pandemic and afterward. Max’s goal is to continue growing Universum from an interstate business to a national one.
While providing innovative, yet simple and effective software solutions, Universum creates user-friendly platforms and promotes fair pricing for credit card processing; avoiding lengthy contracts

which the busy business owner does not have time to sit and learn. Max also states that he takes into account customers whose English is not their first language, making sure they are comfortable and worry-free every step of the way in their relationship with Universum. “Yes, I have heard countless times over and over customers say they have signed contracts with providers without knowing what they are getting into. We don’t keep the community we serve in the shadows; we help them grow.”
For more info about: Universum HQ is located at 360 Merrimack St. BLDG 9 STE 150, Lawrence, MA
Website: <https://universumsol.com/> ♦



FOOD: FROM PAGE 2

specialty cookies into the rotation. For week one, the Nutella cookie and Andes Mint ones were amazing! The Nutella cookie was a dark chocolate cookie with Nutella in the middle and drizzled on the side. I struggled to finish this in one sitting, and I am not a small man! The milk chocolate cookie and the chilled sugar were ok but it will be the specialty ones that will bring you back. Last week, the caramel apple and Reese’s cookies get high marks. According to the store staff, there is no timeframe for the rotation so it could be months before your favorite one comes back around.
For orders, they have an app that you can order your cookies and pick them up curbside so you do not even have to go into the store. Delivery will be an option soon. Besides cookies, they sell a

variety of ice cream so you can make an ice cream sandwich. Of course, they sell milk so you can wash down your cookie. They are pricey, \$3.88 a cookie but it is well worth it. A cookie can easily be split amongst a couple of children or adults! Once again, another place with great customer service. You were greeted as soon as you walk in and all the staff was very courteous.
I know it’s hard to tell, but I am not much of a dessert guy but I have contemplated going back numerous times the past week. For a dessert place, I am going to give it 4 beards since it could be months until your favorite cookie comes back. ♦





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Food for Local Veterans

COVID-19 Empty Chair Memorial in Lawrence

Don Jarvis
VETERAN COLUMNIST

In 1865, Abraham Lincoln made a promise to our veterans: “To care for him who shall have borne the battle, and for his widow, and his orphan” by serving and honoring the men and women who are America’s Veterans. “It is the VFW mission to ensure that this nation keeps its promise,” says Shawn Watkins, Senior Vice Commander of the Haverhill VFW Lorraine Post 29.

With the help and support from several local restaurants and community groups within Haverhill, VFW Lorraine Post 29 hosted its second meal event for veterans and their families. Piggybacking off their meal event’s success back in June, where they delivered 300 meals, this event for Veteran’s Day became the biggest meal served to Haverhill’s veteran community. On Saturday, November 7, 2020, the VFW delivered 500 BBQ chicken meals to veterans and their families. These BBQ Chicken Dinners consisted of BBQ Chicken, Mashed Potatoes, Stuffing, Gravy, Corn, a Side Salad, and dessert

This meal would not have been possible without the help and partnership from Market Basket, Greater Haverhill Exchange Club, Peddlers Daughter, Maria’s Restaurant, G’s, Joseph’s, L’Arche, Middlesex County Deputy Sheriffs Association, Winchester Knights of Columbus Council 210, Disabled and Limbless Veterans, Disabled American Veterans of Haverhill, Veterans Northeast Outreach Center, Haverhill Veterans Services Office, North Andover Veterans Service Office, State Rep Andy Vargas, and several local business owners and members of the community we will be able to provide support directly to the

homes of our veterans.

With respect to COVID-19 proper protocols were taken, plans were put to ensure everyone’s safety. All volunteers were required to wear a mask. Anyone handling anything related to food in the kitchen or loading the bags with the meals always wore gloves – NO EXCEPTIONS!! All meals were delivered through contactless delivery meals. Veterans were notified of the delivery and were to wait for either a knock on the door, a doorbell ring, or a phone call if neither knocking nor ringing is not an option. Drivers were always required to wear a mask as well. These protocols were in place to ensure the safety and wellbeing of all veterans and volunteers.

“This meal is one of the many ways we as a community want to show our veterans that we as a community deeply appreciate everything you have done and that your service and sacrifices are very much appreciated.” Says Jarvis who is genuinely thankful for all the support from everyone who has stepped up to help make this. Jarvis wants all our veterans to know that we are always here for them, and as a community, we love them, and we see them as family. Jarvis adds, “Know that we are with you, and your community is with you, not just today, but every day!! This meal is one of the many ways we want to show our veteran community that we, as a community, deeply appreciate everything you have done and that your service and sacrifices are appreciated. This meal-delivery shows work makes the dream work; Together, Everyone Achieves More.”

God Bless You, and God Bless the United States of America!! ♦

Lawrence Mayor Daniel Rivera announced the completion of the Empty Chair Memorial in the Campagnone Common Park in remembrance of the 144 souls that have been lost to COVID-19. The memorial is compiled of 144 empty chairs for each of the Lawrence residents lined up in rows in the park facing City Hall.

Mayor Daniel Rivera was inspired by the recent memorial installation in Washington D.C. by COVID Survivors for Change, a network that is aimed at helping those affected by the virus locate support groups and other resources. The memorial in Washington had a total of 20,000 empty chairs each representing 10 people in the United States that have died of COVID-19 to represent all 200,000 lives that were lost.

“This memorial is a symbol of not just the lives this virus has taken but also of the fight we are actively in against it,” says Mayor Daniel Rivera. “This pandemic has completely turned our lives around, not since the Civil War have we seen this level of crisis across our nation. At this point in time 1 in 20 people in Lawrence have contracted COVID-19,

that’s 5,284 people. This virus has made home the only place we can truly be safe, brought our economy to a complete halt, and has left our children learning in ways we’ve never thought of before. We must continue to give this virus the respect it deserves, it can and will continue to kill, we have lost 144 members of our community and only we as a community can stop it from taking more. We have to wear our masks, stay home when we’re sick, avoid large gatherings, quarantine when required and get tested when we aren’t sure. It is time for us to make it a personal responsibility to stop the spread, because until we do we will keep adding chairs.”

Nighttime lighting and city police surveillance cameras have been installed around the memorial to promote safety and assure that the memorial stays intact while it is in place. To honor and respect the memory of those lost to COVID-19, the City asks that observers not sit in the chairs and remain outside of the cordoned off area.

Photos of the memorial can be found at <https://www.cityoflawrence.com/881>

HERO: FROM PAGE 1

skidders and other such equipment. He frequently spent many hours deep in the woods helping a buddy. His only pay was an ice cold can of Budweiser.

Growing up during the depression and serving your country in war instilled a different perspective on life than that which subsequent generations may have. As typical of many who lived through the depression, Don was happy with the simple things. He knew that all was well so long as everyone was home safe with enough food and a roof over their heads. A 100 year old member of the Greatest Generation, but more important, I think a man whose life story, really represents



how great his generation really was.

The Dracut American Legion asks all World War II, Korean War, and Vietnam War Veterans, to call (603) 518-5368 and sign up for an Honor Flight to the Memorials in Washington DC! Veterans of all eras are asked to go the American Legion’s Web site www.legion.org, and join the American Legion, preserving our Veteran’s Benefits for future generations.

John Cuddy served in the US Navy’s Construction Battalions (also known as the Seabees) after retiring from the Navy; he earned a bachelor’s in history and a master’s in economics from the University of Massachusetts on the Lowell Campus.

He has been employed in Logistics at FedEx for the last 23 years. If you know a World War II veteran who would like their story told, please email him at John. Cuddy@Yahoo.com.



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‘Ted Lasso’ is a Winner for AppleTV+

Bill Cushing
VALLEY PATRIOT TV COLUMNIST

‘Ted Lasso’ is a successful college football coach from Kansas hired to be the manager of a professional soccer team in England, despite having no experience coaching soccer. That’s the premise of a delightful new series from AppleTV+ starring Saturday Night Live alum Jason Sudeikis.

The character of Ted Lasso was created for a series of commercials back in 2013 for NBC, promoting the networks Premier League soccer coverage. Creators Sudeikis and Bill Lawrence (Scrubs, Spin City), decided to expand on that character and develop this series around him. Bad idea, right? This series couldn’t possibly work, could it? But it does. ‘Ted Lasso’ is a wonderfully amusing, surprisingly heartfelt sports sitcom that really isn’t that much about sports.

Lasso is hired to manage the fictional AFC Richmond, who are described as perennially mediocre Premier League mainstays. Why? Because Rebecca, the owner of the team, wants the team to fail to spite the former co-owner, her soccer-loving ex-husband. But why would Ted leave a successful college football job for a sport he knows nothing about? For sentimental reasons, actually. He is giving his own wife some space by moving to London while she stays in Kansas. Hoping this will help his struggling marriage.

Needless to say, Ted is met with utter disdain and contempt from his players, and from the local media. But he doesn’t get discouraged. He is joined by his assistant, Coach Beard, and together they operate on the idea that a team wins games, not just on the field, but also in the locker room. What Ted lacks in his knowledge of soccer, he more than makes up for with his relentless optimism. He’s incredibly thoughtful and always learning, and he treats everyone he meets with kindness and respect.

Ted actually cares what people have to say, from the equipment manager who gets picked on by the AFC Richmond players to the fan in the street who yells “Wanker!” at him. He shows people he’s willing to listen to them no matter how rudely they speak to him. Ted eventually wins over Rebecca, and his team, including his aging but legendary team captain, and eventually they are willing to run through a wall for him.

The writing is sharp and fresh, and the show has a strong supporting cast that includes Brett Goldstein as Roy, the team’s insecure captain; Phil Dunster as Jamie, an arrogant up and coming superstar; Nick Mohammed as Nate, the aforementioned equipment manager whose knowledge of the game is just the thing Ted needs on his staff; Brendan Hunt as Coach Beard, Ted’s right hand man and friend. Hannah Waddington as the team owner Rebecca; and Juno Temple as Keely, a model/actress girlfriend of Jamie’s. All of them are terrific in their respective roles.

In a time when people are looking for something to make them feel good, ‘Ted Lasso’ delivers big time. Tugging at your heart strings more than once, while providing a tremendously entertaining series. Do yourself a favor and watch it.

‘Ted Lasso’ has already been renewed for a second season and producers have hinted on social media that a third season is also a done deal. All 10 episodes are available to stream on AppleTV+.

If you have any questions about TV you can email me at BillsTVTalk@gmail.com. I will answer all of your questions and will feature some of the questions I receive in a future Mailbag column.

Follow me on Twitter and Instagram @BillsTVTalk and on Facebook at BillsTVTalk for daily up-to-the-minute TV news and discussion.



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“I thank my God
I speak with tongues more than you all;”
1 Corinthians 14:18. NKJV

Peter Larocque
VALLEY PATRIOT COLUMNIST

Part 2,
The Benefits of Speaking in tongues!
God Bless you, I trust you read last month's column where I wrote about one of the manifestations of the gift of The Holy Spirit mentioned in the Bible, Speaking in Tongues. In this month's column, I would like to share with you some of the many benefits to the individual who chooses to Speak in Tongues or Pray in the Spirit.

I would like to begin in Psalms 103:2, where we read, "Bless the LORD, O my soul, and forget not all His benefits:" NKJV. God doesn't want us to forget All His benefits. Please notice the word ALL! Well, in order to not forget, one must first know them and not just the ones which agree to our theology, but ALL of them! Unfortunately, some in the Church of Jesus Christ have not given much place to this area of Praying in the Spirit and have neglected this part of the Christian walk. But I am hopeful for a change!

With that being said, let's go to where we left off in my last column where I showed you that the Bible says speaking in tongues edifies, or builds you up totally in your spirit, soul, and body. We saw this in 1 Corinthians 14:4, "He who speaks in a tongue edifies himself," NKJV. Next, let's look at the first occurrence of this gift being manifested by the Apostles on the Feast of Pentecost which we read about in Acts 2:11, "we hear them speaking in our own tongues the wonderful works of God." NKJV. Because this was a feast, many people from around the region were in Jerusalem celebrating and when this event took place many heard the Apostles speaking in tongues and heard them Speak the Wonderful Works of God!

Another benefit to the one who speaks in tongues is found in 1 Corinthians 14:2, "For he who speaks in a tongue does not speak to men but to God, for no one understands him; however, in the spirit he speaks mysteries." NKJV When one speaks in tongues, he speaks divine mysteries or secrets between himself and God. Another benefit to praying in the spirit is found in Acts 10:46, where for the first time non-Jewish people, Gentiles, were baptized in the Holy Spirit and spoke in tongues, "For they heard them speak with tongues and magnify God." NKJV. For another benefit of speaking in tongues, we go to the Old Testament, in the book of Isaiah, where the Prophet Isaiah writes in 28:11-12, "For with stammering lips and another tongue He will speak to this people, 12 To whom He said, "This is the rest with which You may cause the weary to rest," And, "This is the refreshing"; Yet they would not hear." NKJV. Here we read that the individual who speaks in tongues receives Rest and Refreshing! Speaking in tongues removes from the mind and heart, Stress and Worries! Many sleepless nights can come to an end by simply speaking in tongues!

Another benefit to praying by the spirit is Intercession when we know not what to pray for, as it says in Romans 8:26, "Likewise the Spirit also helps in our weaknesses. For we do not know what we should pray for as we ought, but

the Spirit Himself makes intercession for us with groanings which cannot be uttered. NKJV. When we do not know what to pray for, praying by the Spirit makes intercession for us, (groanings we cannot utter). For another benefit, we go to 1 Corinthians 14:22, "Therefore tongues are for a sign, not to those who believe but to unbelievers;" NKJV. Speaking in tongues is a sign to unbelievers. When one speaks in tongues in the church it must be interpreted so that all in attendance can receive edification including unbelievers. We read another benefit in 1 Corinthians 14:17, "For you indeed give thanks well, but the other is not edified." NKJV.

Now, I would like to bring your attention to a familiar passage of scriptures to most Christians concerning putting on the Armor of God. We find this in Ephesians 6:13-17, "13, Therefore take up the whole armor of God, that you may be able to withstand in the evil day, and having done all, to stand." NKJV. Most Christians are of the belief that there are only 6 pieces to the Armor of God. But the Apostle Paul doesn't stop at 6. Here are the pieces, 1. Belt of truth, 2. Breastplate of Righteousness, 3. Feet fitted with Gospel of Peace, 4. Shield of Faith, 5. Helmet of Salvation, 6. Sword of the Spirit which is God's Word. Most Christians end here. But if you continue reading you come to Ephesians 6:18, "praying always with all prayer and supplication in the Spirit," NKJV. Can you see it? The 7th piece of the Armor of God is praying in the spirit or Speaking in tongues! Wow!!! The first 6 pieces are defensive and the 7th piece is the only offensive piece of the Armor of God which is praying in the spirit or speaking in tongues! This is why Ephesians 6:11 says, "Put on the whole armor of God, that you may be able to stand against the wiles of the devil." NKJV.

We are instructed by God to put on the whole armor to stand against the methods or schemes of the devil, all 7 pieces of the Armor of God are needed! Oh, by the way, the number 7 in the Bible stands for spiritual perfection!

So, in closing let's review the benefits to the individual who speaks in tongues. Speaking in tongues,
Edifies you totally, spirit, soul, and body.
Speaks the Wonderful Works of God.
Speaks Divine Mysteries or Secrets between you and God.
Magnifies God.
Is the Rest and the Refreshing.
Makes Intercession for us, (groanings we cannot utter).
A sign to unbelievers, (must be interpreted).
Gives thanks well. (Especially in this Thanksgiving Season).
The 7th piece of the Armor of God. Praying always in the Spirit.

Once a follower of Jesus Christ is taught the truth about this wonderful gift from God and still chooses to neglect it, then the Bible says in 1 Corinthians 14:38, "But if anyone is ignorant, let him be ignorant." NKJV. If one still wants to bury his head in the sand, let them be! We are called to pursue Love!
Peter Larocque, peterlarocque@hotmail.com [com](#) [diamond](#)



BENEATH THE SURFACE

The State of Politics

Paul Murano
VALLEY PATRIOT COLUMNIST

As of this writing we do not know who the President of the United States will be in January. Nor do we know which party will control the U.S. Senate..What we do know is that the country is deeply divided. And not just politically.

The division goes far deeper than politics or even ideology. This country, and the Western world as a whole, is deeply divided on the meaning of reality.

This kind of unique divide has happened only twice in world history. The first time came after the resurrection when Christianity spread through the pagan world. The second time is when the new paganism spread throughout the Christian world. In other words, it happened at the beginning of the Chrstian era and the beginning of the post-Christian era. Both times in history were marked by great persecution of Christians.

What the pre- and post-Christian worlds have in common is two basic things: disrespect for the dignity of the human person, and a consolidation of the rich and powerful to suash any thinking and speech contrary to accepted narrative. All the things we've been seeing today with the progressive movment are the result of rejecting God. It disables one from seeing reality as it is, forcing you to create your own. If you're not one of the powerful elite, it forces you to live in someone else's constructed reality.

All the psychological manipulation played out for the past four years through the media, medical, and political establishments was for one purpoe: to defeat Donald Trump. He is a threat to their power. The propping up of Joe Biden when Bernie Sanders was sure to win the Democratie nomination, the manipulation of the virus pandemic, the riots, the shutdowns, and the mail-in ballots were all created for this purpose.

Minorities are beginning to wake up. Since the Reagan era, minorities and the Democratic Party have been strange bedfellows. Now that Blacks and Hispanics are waking up to realizing they've been manipulated and used a

pawns to maintain the power of the elite, we are seeing the completion of the realignment. The Democratic Party has beome the Party of the rich, elite and powerful, while the Republican Party is becoming the Party of the middle and lower classes, who have kept their sanity. This is the opposite of what the Parties were just 50 years ago. White progressive liberals with no sense of truth or moral integrity now rule the party.

When a progressive Leftist imagines a Republican voter they see a false caricature of a middle-aged southern white supremacist male with a rifle in a pick-up truck, with half his teeth missing. When a conservative imagines a progressive Leftist there is no caricature. They see someone sympathetic to socialism, who wants killing preborn babies to remain legal, who values state-sanctioned unnatural "marriage," who favors the news and social media censoring speech that doesn't neatly fit into the PC narrative, and who avoids all dialogue because it may uncover truth.

This is not a partisan or uncharitable assessment. Most people know it's true. If Democrats regain power, the PC narrative will be strictly enforced. Catholic teaching on natural law, especially as relating to human sexuality, will be deemed hate speech. The First Amendment to the Constitution will be effectively eradicated. And that's just the beginning. People capable of rationalizing the killing of preborn children are capable of anything. Truth and justice is the foundation for understanding reality.

To put this all in perspective, no matter what happens to us politically in this Republic, we must never forget we live in a kingdom. A kingdom with an infinitely benevolent King. God can make good come out of any evil we produce (Rom 8:28). Trust in Him. This life is short. What matters is eternity.

Paul is the host of Beneath the Surface video and radio podcasts, he teaches college philosophy and theology, is a staff writer/producer for Church Militant, as well as a singer-songwriter-musician. Check out his YouTube page or his personal website at Paulmurano.com. E-mail Paul at PJDM@aol.com

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Women’s Rights Retained Unborn Rights Destroyed

The landmark Supreme Court decision in 1954; Brown vs Board of Education secured the rights of children everywhere in our nation to be educated in public schools without being segregated. The decision firmly upheld by the justices’ unanimous vote was that racial segregation was unconstitutional.

This case is considered settled law and is also informally known as a super precedent. These terms point to the reality that virtually no organized effort exists to overturn this law. There are simply too few people that are willing to take action to promote the idea that schools should be segregated along racial lines.

The argument that pointed towards tolerable forms of public school segregation was the argument of “separate-but-equal”. But the decision soundly defeated this.

In 1973 the significant Supreme Court decision- Roe vs Wade- established that a pregnant women’s right to choose abortion without interference from the government was a right supported by the Constitution. This decision in comparison to Brown is not settled law nor a super precedent. The reason is that since its passing there have been continued efforts to support measures to lead the Supreme Court to overrule it.

The underlying issue –a woman’s right to choose- conflicts with many who hold the view that the unborn have constitutionally supported rights to life.

For 50 years abortion and this decision that it supports has been touchstone of divisiveness morally, legally and politically.

At the confirmation hearings of Supreme Court justice nominee Judge Amy Coney Barrett the specter of a renewed national wave of struggle over this issue is expected with the potentially conservative biased Supreme Court taking up the issue again.

But what exactly would be the consequences if Roe vs Wade would be overruled? The issue

would be returned to the states for determination. Ultimately, as things stand approximately half of the states would have no protections for women regarding their choice for abortion. There are very compelling reasons when a woman’s right to access abortion should be preserved and in its absence this would be an extremely consequential condition for many women in our nation.

The proposed Roe Act in Massachusetts however represents an equally extreme, radical set of circumstances. The proposal is a solution looking for a problem and appears to be more of response to expand women’s rights beyond a reasonable set of sensible boundaries – in the event that by Roe vs Wade is overruled.

The Act would allow abortion to occur during all 9 months of pregnancy, it would eliminate requirements that late –term abortions be performed in hospitals, it would eliminate the rights of a child to receive care if he/ she survives an abortion, and it would eliminate any requirement for a minor (under 18) to be supported by consent of a parent, guardian or through the courts.

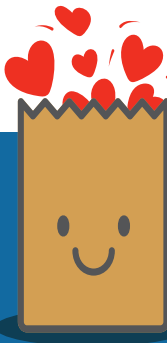
The complexities of a woman’s choice, especially a young woman’s about her body and life without government interference is substantially protected in Massachusetts. The Roe Act is a Massachusetts proposed legislation. Focusing on the needs of women in a state which provides adequate protections guaranteed by the Massachusetts Constitution should zero out any perceived consequences of action to overrule or diminish Roe vs Wade.

So what is left is a women’s dignity. How is that advanced when the proposed law inflicts unusually cruel treatment of the unborn?

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